



Relationship, Sex Education (RSE) Content The grid below shows specific RSE learning intentions for 'Changing Me' for each year group

Year	Piece number and name	Learning intentions 'Pupils will be able to...'	Content	Vocabulary
1	Life Cycles	<p>start to understand the life cycles of animals and humans</p> <p>understand that changes happen as we grow and that this is OK</p>	<p>Connect us - Paired activity: changes from baby to adult</p> <p>Open my mind - whole class sing 'Changing as I grow'</p> <p>Show me or Tell me - Whole class BBC Learning Clip: 9463 Frogs, discussion how did the frogs spawn turn into the frog (in what order)? Teacher led discussion using photographs showing similar growth stages for humans.</p> <p>Let me learn - Paired activity - Life cycles, sorting the life cycle cards into the right order</p> <p>Help me reflect - Draw and write individual activity - 'me now and what I want to be when I grow up'.</p>	<p>Changes</p> <p>Life cycles</p> <p>Baby</p> <p>Adult</p> <p>Adulthood</p> <p>Grown-up</p> <p>Mature</p>
1	My Changing Body	<p>know how my body has changed since I was a baby</p> <p>understand that growing up is natural and that everybody grows at different rates</p>	<p>Open my mind - whole class sing 'Changing as I grow'</p> <p>Show me or Tell me - baby photo session. Distinguish between changes: body, appearance, abilities,</p> <p>Let me learn - individual activity, writing about how you have changed since you were a baby / little</p> <p>Help me reflect - individual draw and write activity: 'I am pleased I am getting older because...'</p>	<p>Learn</p> <p>New</p> <p>Grow</p> <p>Feelings</p> <p>Anxious</p> <p>Worried</p> <p>Excited</p> <p>Coping</p>
1	Boys and Girls Bodies	<p>identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina</p> <p>respect my body and understand which parts are private</p>	<p>Open my mind - Whole class activity using PowerPoint slides of animals, can we identify males and females?</p> <p>Show me or Tell me - Same gender pairs can we identify gender from appearance alone (list three ways)? Introduction to male female 'private' body parts: penis, vagina, testicles (as covered by a swim suit).</p> <p>Let me learn - Class sorting activity using two hoops (intersecting) and the body part cards (emphasis on using correct names)</p> <p>Help me reflect - Individual draw and write activity - me in a swim suit with labelled body parts including genitalia and the correct terms.</p>	<p>Male</p> <p>Female</p> <p>Vagina</p> <p>Penis</p> <p>Testicles</p> <p>Anus</p>
2	Life Cycles in Nature	<p>recognise cycles of life in nature</p> <p>understand there are some changes that are outside my control and to recognise how I feel about this</p>	<p>Connect us - 'Find your pair' card activity to get in pairs and consider what has changed between the two card images (young animal to adult animal)</p> <p>Open my mind - Sing 'Changing as I grow' and go through the song lyrics identifying changes in the song (and add own ideas). Reinforce change is sometimes out of our control and it's OK.</p> <p>Tell me or Show me - whole class activity using BBC Learning Clip 2250: An introduction to life cycles. Discussion about life cycles.</p> <p>Let me learn - Draw and write individual activity to show what they know about a life cycle.</p>	<p>Change</p> <p>Grow</p> <p>Life cycle</p> <p>Control</p> <p>Baby</p> <p>Adult</p> <p>Fully grown</p>

2	Growing from Young to Old	<p>tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p>identify people I respect who are older than me</p>	<p>Open my mind - Sing the Jigsaw Song: Changing as I grow. Partner activity, using PowerPoint to discuss visible changes from a baby to an elderly person.</p> <p>Tell me or Show me - Whole class, using the book 'My Grandpa is Amazing' by Nick Butterworth to talk about growing older. Share photos of grandparents (if any have brought them in) - could invite grandparents in too to talk about how they were when they were younger etc.</p> <p>Let me learn - Using the Leaf template, individual draw and write activity about someone older who is special, share these with whole class. Create a positive impression of growing older.</p> <p>Help me reflect - Individual activity, complete the sentence stem: 'One thing that changes, in a good way, when we get old is...'</p>	<p>Growing up Old Young Change Respect Appearance Physical</p>
2	The Changing Me	<p>recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p>feel proud about becoming more independent</p>	<p>Connect us - Circle time activity (talking partners first) complete one of these sentence stems, taking each one in turn: 'When I was a baby I could...'; 'Now I am 6/7 years old I can...'; 'When I am grown up I will be able to...'</p> <p>Open my mind - Whole class activity using the story of Titch and discuss the theme of growing.</p> <p>Tell me or Show me - Whole class sorting activity using timeline labels 'Baby', 'Toddler', 'Child', 'Teenager', 'Adult' and a collection of different items. Discuss how growing and changing brings more abilities, more freedom and independence, more responsibilities, more knowledge.</p>	<p>Baby Toddler Child Teenager Adult Independent Timeline Freedom Responsibilities</p>
2	Boys' and Girls' Bodies	<p>recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private</p> <p>tell you what I like/don't like about being a boy/girl</p>	<p>Open my mind - Groups of 4 discuss differences between the things girls do and the things boys do - share some ideas with whole class.</p> <p>Show me or Tell me - Whole class sorting activity, body parts specific /not specific to gender</p> <p>Let me learn / Help me reflect - Individual draw and write activity, 'This is me, what it means to be a girl or a boy to me'.</p>	<p>Male Female Vagina Penis Testicles Anus Public Private</p>
2	Assertiveness	<p>understand there are different types of touch and tell you which ones I like and don't like</p> <p>be confident to say what I like and don't like and ask for help</p>	<p>Connect us - circle time activity, pass the touch. Discuss when we use touch, positive and negative.</p> <p>Tell me or Show me - Class activity, share the poem 'What About You?' Alternatively, read the book 'Hug' by Jez Alborough. Ask the children to think about the sort of touches they like.</p> <p>Let me learn - Individual draw and write activity; 'two types of touch I like'.</p> <p>Help me reflect - Individual draw and write activity, 'One way I like touch is when...'</p>	<p>Touch Texture Cuddle Hug Squeeze Like Dislike Acceptable Unacceptable Comfortable Uncomfortable</p>

3	How Babies Grow	<p>understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby</p> <p>express how I feel when I see babies or baby animals</p>	<p>Connect us - using pair cards, find your partner and talk about changes from being a baby to an adult.</p> <p>Open my mind - Class activity, introduction using PowerPoint to females having babies and males having an important parenting role.</p> <p>Tell me or Show me - Class activity, preferably with a parent and new baby, or puppy/kitten. Consider what it would be like to have a new baby. Discuss what it needs each day, routines, caring for him/her.</p> <p>Let me learn - paired draw and write activity; three pictures in sequence to show changes that happen for the baby: from birth, to being a child/young animal, to being fully grown.</p> <p>Help me reflect - Individual draw and write, 'how have I changed since I was a baby' (especially around independence).</p>	<p>Changes Birth Animals Babies Mother Growing up</p>
3	Babies	<p>understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow</p> <p>express how I might feel if I had a new baby in my family</p>	<p>Connect us - whole class sing 'Changing as I grow' - and think about changes from being a baby to now</p> <p>Open my mind - Paired activity, 'what does a baby need to grow and survive' (both emotional and physical).</p> <p>Tell me or Show me - whole class discussion about how a baby starts out / where does it grow. PowerPoint to illustrate the baby growing in a womb.</p> <p>Let me learn - individual draw and write activity - what a baby needs to survive and live and grow.</p> <p>Help me reflect - Individual activity, list the 3 most important things a baby needs to survive and grow.</p>	<p>Baby Grow Uterus Womb Nutrients Survive Love Affection Care</p>
3	Outside Body Changes	<p>understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>identify how boys' and girls' bodies change on the outside during this growing up process</p> <p>recognise how I feel about these changes happening to me and know how to cope with those feelings</p>	<p>Connect us - circle time activity; changes that have happened and good and bad things about change.</p> <p>Open my mind - Class activity to introduce the word puberty and changes outside the body. Explain that puberty refers to the collection of changes that will gradually change their bodies from a child's body into an adult's body.</p> <p>Tell me or Show me - class sorting activity using body cards. Reinforce puberty changes with PowerPoint.</p> <p>Let me learn - Paired activity using resource sheet 'My Life, My Changes'.</p> <p>Help me reflect - individual reflection on what may be worrying them about growing up and what they are looking forward to.</p>	<p>Change Puberty Control</p>
3	Inside Body Changes	<p>identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up</p> <p>recognise how I feel about these changes happening to me and how to cope with these feelings</p>	<p>This lesson does not attempt any explanation of how the sperm and the egg come together.</p> <p>Open my mind - Class discussion, where does a new life start from? Pick out differences (chicken lay eggs etc.)</p> <p>Tell me or Show me - Class activity, PowerPoint slides to identify and explain the key elements of puberty changes inside the body and how the changes link to the start of a new life.</p> <p>Let me learn - Paired activity using 'The Great Growing Up Adventure'.</p> <p>Help me reflect - Question Answer session using 'Jigsaw Jino's Private Post Box'. Respond to the questions with the class and deal with things in a form such as "Jigsaw Jino tells me some people aren't sure about... Let me explain it..."</p>	<p>Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/ Ova Womb/ Uterus Vagina</p>

3	Family Stereotypes	<p>start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>express how I feel when my ideas are challenged and be willing to change my ideas sometimes</p>	<p>Open my mind - class activity using Task cards to think about male/female roles.</p> <p>Tell me or Show me - Class discussion to introduce the word 'stereotypical' and why/how roles within their families are taken.</p> <p>Let me learn - In groups design a pillow case for a boy/girl. Is it stereotypical? Complete the sentence: 'Our design is/is not stereotypical because...'</p> <p>Help me reflect - individual reflection, who does which jobs in their home?</p>	Stereotypes Task Roles Challenge
4	Unique me	<p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p> <p>I appreciate that I am a truly unique human being</p>	<p>This lesson does not attempt any explanation of how the sperm and the egg come together. Open my mind - class activity using the kitten/mother cards to show how some characteristics are passed on but others are unique to us.</p> <p>Tell me or Show me - Using photos of a known adult and their parents, identify characteristics that have been passed on (eye colour etc.)</p> <p>Let me learn - Class activity using 'My Parents and Me' to highlight for the children that some characteristics are genetic and passed to a child when egg and sperm meet. Also link to grandparent characteristics as well as those that are unique.</p> <p>Help me reflect - Individual draw and write activity, 'Being a truly unique human being makes me feel...'</p>	Personal Unique Characteristics Parents Egg Sperm
4	Having A Baby	<p>correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>understand that having a baby is a personal choice and express how I feel about having children when I am an adult</p>	<p>Open my mind - Class activity to review making special things i.e. a baby. Group activity to discuss these questions: Why do people choose to have babies? What are the ingredients to make a baby. What is difficult about looking after a baby? Point out this is a choice or ask - Does everybody have to have a baby?</p> <p>Tell me or Show me - Think back to the starter game: what were the main ingredients for making a baby? Show flash cards with pictures of sperm (remember these are full of messages contained in genes about what the father is like) and egg /ovum (remember this is full of messages/ genes about what the mother is like). Use the PowerPoint slides to recap where the sperm and egg/ovum come from inside the body. Children were introduced to this power point in Year 3 already.</p> <p>Let me learn - Teacher led discussion - imagine visiting another planet that does not have male / female differences - how might they reproduce? Paired activity to create a fact file for an alien on how humans reproduce.</p> <p>Help me reflect - Share fact files and remind children to use the question box if they have any questions or are unsure of anything.</p>	Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Ovaries
4	Girls and Puberty	<p>describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>	<p>Connect us - Whole class activity to recap on previous learning about puberty, use 'How do I feel about Puberty Cards' as a stimulus to discussion.</p> <p>Open my mind - Whole class activity using different items to do with growing up. Introduce the word 'menstruation' and puberty in girls. Show the animation: The Female Reproductive System.</p> <p>Tell me or Show me - whole class activity to go through the stages of menstruation.</p> <p>Let me learn - Paired/small group sorting activity using 'Menstruation Cards'</p> <p>Help me reflect - Using Jigsaw Jaz to raise any worries about growing up.</p>	Puberty Menstruation Periods

5	Self-Image and Body-Image	<p>be aware of my own self-image and how my body image fits into that</p> <p>know how to develop my own self esteem</p>	<p>Connect us - whole class circle activity, rolling the ball and giving compliments</p> <p>Open my mind - small group sorting activity, using 'Self-image Cards', Give each card a happy / sad face. Discuss where these perceptions come from (the happy/sad faces) and share the PowerPoint slide to help children understand this issue.</p> <p>Tell me or Show me - Individual activity to explore how we see ourselves (self-image), using the inside of the self-image picture frame card. Discuss links between self-image and self-esteem*. Group activity using the 'Gingerbread person image' to create someone with high self-esteem.</p> <p>Let me learn - Whole class discussion to consider how we can turn a negative statement into a positive one using affirmations (distance this with generic examples). Individual activity to change a sad face self-image card from Open my Mind, into a positive one.</p> <p>Help me reflect - Individual activity to write their affirmations on the front of their cards and take a few minutes in silence (perhaps with some gentle music) to repeat these to themselves. This will start to change the perceptions held in the subconscious.</p>	<p>Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation</p>
5	Puberty for Girls	<p>explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally</p> <p>understand that puberty is a natural process that happens to everybody and that it will be OK for me</p>	<p>Connect us - Using a carousel to work in different pairs, discuss what makes you feel embarrassed and what happens emotionally and physically when you are embarrassed?</p> <p>Open my mind and Tell me or Show me - Whole class revisit what is needed to make a baby. Show PowerPoint with pictures of sperm and eggs. Go through how the female body prepares itself to have a baby using the animation 'The Female Reproductive System'.</p> <p>Let me learn - Whole class revisit different sanitary products and how they are used. Single gender groups moving around four different activities (sorting, discussing, agony aunt, and writing/drawing).</p> <p>Help me reflect - sharing their work from Let me Learn. Remind children to use Jigsaw Jez's private post box for any questions they have, but don't want to say out loud.</p>	<p>Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Womb/Uterus</p>
5	Puberty for Boys and Girls	<p>describe how boys' and girls' bodies change during puberty</p> <p>express how I feel about the changes that will happen to me during puberty</p>	<p>Connect us - Circle activity to recap on changes that happen to us as we grow and go through puberty.</p> <p>Open my mind - Whole class activity using a continuum exercise to discuss the statements listed on the 'Puberty: Points of View' sheet. Point out there are no wrong or right answers and that opinions will vary.</p> <p>Tell me or Show me - Using the PowerPoint slides of the male organs, ensure all the children understand the male reproductive system. Use the animation: The Male Reproductive System to reinforce this. Small group activity using 'Boys 'n' Puberty Quiz'. Review the answers together.</p> <p>Let me learn - Paired activity to produce an information leaflet or PowerPoint presentation for children aged 7 - 9, with the title 'Puberty - It Happens To Us All'.</p> <p>Help me reflect - whole class circle activity to share what they have produced and compare notes on the kind of questions and topics they have chosen to address.</p>	<p>Puberty Sperm Semen Testicles/Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones</p>

5	Conception (can withdraw)	<p>understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>understand that sometimes people need IVF to help them have a baby</p> <p>appreciate how amazing it is that human bodies can reproduce in these ways</p>	<p>Connect us - whole class activity using Relationships Cards to think about the types of relationships there are. Sort into different categories of relationship e.g. Family, Peer (may need explaining), Working and Relationships with Physical Attraction.</p> <p>Open my mind - Small group activity to consider relationships that become a couple and decisions to have a baby. Using 'Having a Baby Diamond 9 cards' to sort most important/ least important*.</p> <p>Tell me or Show me - Introduce the word 'Conception' - the moment when a new life begins. Use the animations: The Female Reproductive System and The Male Reproductive System to recap on the physical facts of how this happens. Introduce the term sexual intercourse. Show the PowerPoint slides of a baby in the womb to recap how new life grows.</p> <p>Let me learn - Small group sorting activity 'The Truth About Conception and Pregnancy' to consolidate and develop their understanding</p> <p>Help me reflect - Review and discuss the learning from the session. Remind them of the Private Post Box for the questions they're still not sure about, or that may occur to them later.</p>	<p>Relationships</p> <p>Conception</p> <p>Making love</p> <p>Sexual intercourse</p> <p>Fallopian tube</p> <p>Fertilisation</p> <p>Pregnancy</p> <p>Embryo</p> <p>Umbilical cord</p> <p>Contraception</p> <p>Fertility treatment</p>
6	My Self Image	<p>aware of my own self-image and how my body image fits into that</p> <p>know how to develop my own self-esteem</p>	<p>Open my mind - Class activity using the PowerPoint image of make-up/airbrushing. Discuss the terms 'real' self-image and 'ideal' self-image</p> <p>Tell me or Show me - Individual activity to consider words associated with 'real self-image', using the self-image template. Highlight words that are associated with body image. Repeat for 'ideal self-image'. What problems are there is not being your ideal self-image? Discussion about how this links to good / poor self-esteem.</p> <p>Let me learn - Individual activity, using the Self-Esteem Smoothies template as a starting point, children each design an ingredients label for their self-esteem smoothie.</p> <p>Help me reflect - Individual draw and write activity, 'The main ingredient in my self-esteem smoothie'</p>	<p>Self-image</p> <p>Self-esteem</p> <p>Real self</p> <p>Celebrity</p>
6	Puberty	<p>explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally</p> <p>express how I feel about the changes that will happen to me during puberty</p>	<p>Connect us -Starter activity to complete the 'Growing-Up bingo card'. Go through these as a class.</p> <p>Open my mind - Class (stand up - sit down) activity using the Puberty Flashcards to re-open the children's thinking about the physical changes that occur during puberty.</p> <p>Tell me or Show me - Class activity using the PowerPoint slides showing girl to woman and boy to man and the animations (The Female/Male Reproductive Systems) to reinforce learning.</p> <p>Let me learn - Small group sorting activity to play the Puberty Truth or Myth game, to reinforce learning and highlight any unknowns.</p> <p>Help me reflect - Individual activity to write privately and anonymously, at least one question they have in their mind concerning puberty and growing up, (these questions will be used in the next session). Other questions can go into Jem's Private Post Box.</p>	<p>Opportunities</p> <p>Freedoms</p> <p>Responsibilities</p> <p>Puberty vocabulary taught previously</p>

6	Conception to Birth (can withdraw)	describe how a baby develops from conception through the nine months of pregnancy, and how it is born recognise how I feel when I reflect on the development and birth of a baby	<p>Open my mind - Class discussion to consider a baby developing. Use the PowerPoint of the baby developing in the womb. Play true / false card game, 'Baby Can...'</p> <p>Tell me or Show me - Range of activities to choose from to go through development from conception to birth: Animations: Male/Female Reproductive Systems; invite a parent of a small baby who will answer questions about being pregnant and birth; resource sheet 'From Conception to Birth'</p> <p>Let me learn - Individual or paired activity to design a set of cards with eight (or fewer) stages of the journey from conception to birth. Children can swap cards and try each other's out. Class discussion to discuss words of how a parent feels when they have a baby (physically and emotionally).</p> <p>Help me reflect - Individual activity to consider; What are your own thoughts and feelings about the process by which a new life is formed? and, How might this affect you and your life in the future?</p>	Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife
6	Attraction	understand how being physically attracted to someone changes the nature of the relationship express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this	<p>Open my mind - Play a quick game of Zoom/Ekk or Blast Off. Discuss why do people have boyfriends and girlfriends.</p> <p>Tell me or Show me - Diamond Nine. Divide the class into groups and give each a set of diamond nine cards. Explain that the words on the cards are to provide possible endings to the sentence 'You might want a boyfriend/girlfriend because...' Some are good reasons and some are not!</p> <p>Let me learn - Read out the scenario where the boy is sharing photos of a girl. Before discussing the scenario, explain that when people send messages or photos like this it is called 'sexting'. Emphasise that once something has been sent online, texted or posted on social media it can NEVER be taken back. There are also ways that people can retrieve whatever has been sent, even if it has been deleted.</p> <p>Help me reflect - Mix up the groups from earlier. Give each group a set of 'Should I? / Shouldn't I?' cards and ask them to sort the cards into groups, under the headings 'OK' and 'Not OK'.</p>	Peer pressure Attraction Relationship Pressure Love Sexting